

Guru Nanak – Sabad 110
kubudh ddoomanee kudhiaa kasain par ni(n)dhaa ghaT choohaRee
muThee karodh cha(n)ddaal ||
Raag Siriraag, Guru Nanak, Guru Granth Sahib, 91

kubudh ddoomanee kudhiaa kasain par ni(n)dhaa ghaT choohaRee muThee
karodh cha(n)ddaal ||
kaaree kaddee kiaa theeaa jaa(n) chaare baiTheeaa naal ||
sach sa(n)jam karanee kaaraa(n) naavan naau japehee ||
naanak agai uotam seiee j paapaa(n) pa(n)dh na dhehee ||1||

Summary: The concept of "Untouchables" represents corruptive mental states that degrade our conscience. These negative traits can create a social hierarchy that ostracises and harms individuals. When left unexamined, they create duality, prejudice, and contempt, resulting in divisions that may seem social but actually originate from within ourselves. As we recognise and address this corruption by shifting the focus from social labels to awareness of oneness, the need for divisions diminishes, and equality then emerges naturally as a profound understanding of our shared humanity.

kubudh ddoomanee kudhiaa kasain par ni(n)dhaa ghaT choohaRee muThee
karodh cha(n)ddaal ||

A misguided intellect is the low caste, cruelty is the slaughterer, slander within is the untouchable, and anger is the outcast. This analogy highlights the destructive nature of negativity, likening it to a social hierarchy that perpetuates suffering.

kaaree kaddee kiaa theeaa jaa(n) chaare baiTheeaa naal ||

What benefit is there in drawing a ritual boundary of purity if these four still reside in the mind? This reveals that true purity requires inner transformation, not just external rituals.

sach sa(n)jam karanee kaaraa(n) naavan naau japehee ||

Draw the ritualistic lines of purity as honesty, self-control, and righteous deeds, and cleanse yourself by practising self-reflection.

naanak agai uotam seiee j paapaa(n) pa(n)dh na dhehee ||1||

Nanak says that the truly elevated ones are those who do not let their consciousness walk on the path of negativity. (1)

Essence: Guru Nanak uses vivid metaphors to convey the idea of internal pollution. The verse highlights the irony of trying to maintain a pure physical or social space while still allowing impure thoughts like anger and cruelty to reside within. It emphasises that true sanctity is not determined by boundaries or

divisions based on one's profession or economic status, but rather by removing biases and fostering compassionate awareness.

Sabad Interpretation by **Vininder Kaur & Amardeep Singh**

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